

Seat Post



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Volume 16, Issue 9

September 2003

Club Championship Series Opens:

Inaugural September series seeks participants ~ provides fun

6 races spread out in September:

- Tue. Sept. 2, 6pm, Eagle Parkway Flat Circuit Race, 10 laps 26 miles
- Tue. Sept. 9, 6pm, Chaparral Lane Road Circuit, 10 laps 27 miles
- Sat. Sept 20, 9am, Eagle Parkway TT, 1 lap, 2.5 miles
- Sat. Sept 20, 10am, Eagle Parkway Flat Circuit Race, 10 laps 26 miles
- Sun. Sept 21, 9am, Chaparral Lane Road Circuit, 10 laps 27 miles
- Thur. Sept 25, 6pm, Eagle Parkway TT, 4 laps, 10.5 miles

Race Director, John Woodson says:

To provide balance (and to minimize whining) there are 3 evening events, 3 morning events, 3 weekday events, 3 weekend events, 2 easy flat circuits, 2 hill circuits, 1 short TT, 1 long TT, 1 Two-day three stage race.

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L' Tour D'France

What I did on my summer vacation.

An epistle from Mike Reade ...

On the first day of my summer vacation, I went downtown to look for a job. Then I hung out in front of the drug store.

Oh, wait, that was the report I wrote back in high school.... This is supposed to be about France and our 2003 trip!

(Does anybody remember that Cheech and Chong skit, anyway?)

OK, so here you go. Linda and I set off for France on July 9th, along with three other couples. Ronnie and Nanette were going to be with us for the whole trip, while mountain bikers Bill and Janice Moreman and friends Paula and Greg Fitzpatrick were planning on staying with us in the Alps and then heading home a little earlier. Also, quite a nice surprise, Jeff and Lori

Donovan also ended up joining us in Grenoble for most of a week, so we had quite a good crew.



Here we are, sitting at a nice café in Grenoble, eating

Course Descriptions:

Eagle Parkway Course (flat circuit and TT races)
2.6 mile course at Alliance Airport. 4 sweeping corners w/dedicated turn lanes (entry & exit), no stop signs, smooth pavement, wide 3 lane roads, S/F on I35 frontage road at Tarrant County line.

Chaparral Road Circuit
2.7 mile technical road course w/10 ranch homes just off #170. 100 ft of climbing per lap, 8 turns, no stop signs, rougher pavement but no potholes, uphill finish, 1/2 course is gentle downhill & 1/2 uphill (kind of like Lago Vista).

Only club members may participate. All are mass start events (except TT). Points to be awarded based on number of participants per event. Everyone scores points. If 20 people race than first gets 20 points, 2nd 19, 3rd 18, etc. Overall winner based on total CCS points. I'm guessing we would only have about 20-25 people per event so the events can be run on an "honor system" if nobody volunteers to score events. Since CCS wants to find the best racers (not best equipped), no TT bars or wheels allowed.

TBi King of the Mountain

Recent Winners:

Mike Reade – June

Jason Priakos – July

Jason Priakos – August

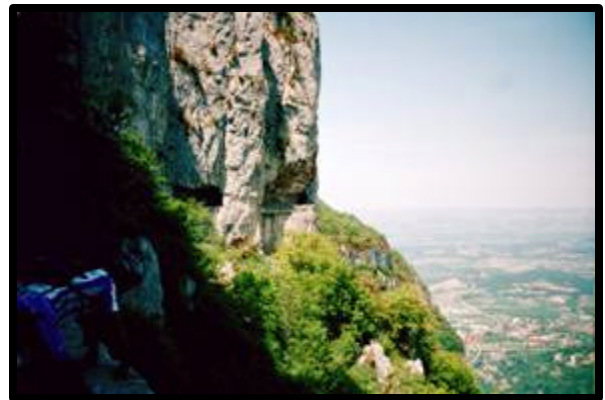
With 2 KOM victories in a row it seems Jason "The Mountain Killer from Keller" Priakos may be unstoppable. It looks like he'll be trying to set another club record with THREE IN A ROW (where will he put all those stickers?). Is anybody able to seriously challenge the KOM champion??

We will find out soon enough with the September KOM competition. Note that September is a shorter KOM month with only 3 Saturday's (9/6, 9/13 & 9/27) available to earn points. No KOM points on the 21st due to CCS.

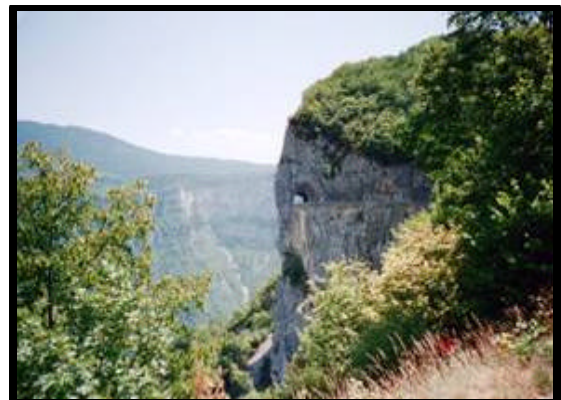
some expensive food and drinking some VERY expensive beer and some cheap wine. Not that the wine was poor - great wine is one thing you can get in France without spending an arm and a leg!

The other person in this picture, back in the far right corner, is Luca Zamboni. Many of you know Luca as the really strong, quiet guy who rides the Wednesday night C races, and is so strong on hills that he drops everyone. Luca is living a dream life right now (in my opinion). He bought a small house at the base of Mont Ventoux, where he has lived all summer.

Probably the main reason I go to France is for the riding. The Tour is secondary to me, for several reasons. But here are two pictures that might begin to explain why the riding is so spectacular. These were taken at the top of the Col de la Machine, which is just outside Grenoble to the west.



It's hard to imagine roads cut out of a rock face like this, and these pictures don't do it any justice. You just have to be there to feel the majesty of it all. That's Luca leaning over the edge on the left, and you can see the road cut through several short tunnels as it hangs on the edge of the cliff. The same road makes



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CALENDAR OF EVENTS

TEAM DAIRY QUEEN – TOUR OF COLUMBUS

COLUMBUS, TX

SEPTEMBER 6-7, 2003

1st Annual Team Dairy Queen® Tour of Columbus. The Tour of Columbus is a Texas Cup Elite Race and the inaugural race put on by Team Dairy Queen®. This race will benefit the Children's Miracle Network

ANDERSON STAGE RACE

ANDERSON, TX

SEPTEMBER 13-14, 2003

The Anderson Stage Race is a 3-stage event based on elapsed time. 1.5 times normal Texas Cup Stage Race Points will be awarded

TEXAS STATE ROAD RACE CHAMPIONSHIP

BRYAN, TX

OCTOBER 4-5, 2003

The Power Pedal RR (State Championship Road Race) will be the season finale of the Texas Racing Post Climber of the Year Series. The top five finishers in the In-Race KOM Competition will be awarded points in the Climber of the Year Series (20-12-6-4-2). This event is a double-points event for the Series.

MORITZ WEDNESDAY NIGHT CRITS

Ft. Worth, TX – Resource Connection

Every Wednesday Night through September



a final cut through rock before it begins the long 8 mile plunge to the valley below.

After you climb for over an hour, the real rush begins – the descent! To me, there's nothing like taking risks and trying to go as fast as possible, carving through the curves and diving into and out of switchbacks! Passing cars is a bit risky, but over there they are accustomed to cyclists and racers, and they are actually nice to you. They can't cut through curves as fast as a daring cyclist, so they don't mind when you fly past them. Imagine that happening in Texas!

After several days of riding in this beautiful area, it was Tour time. Several of our group, including Linda, opted to drive north to see the race pass through some hills before the stage finish in Morzine. I went riding.

The next day was the main attraction: the stage finish at Alpe d'Huez! On this day, the owner of our hotel, Daniel, who is no slouch of a rider himself, joined us for the ride out there. And what a ride! As predicted, the 100th anniversary of the Tour de France was drawing record crowds, and there we were, right in the middle of it! The line of cars stuck in traffic heading out to the Alpe stretched for miles ... engines shut off, not moving ... as those of us on bikes, thousands of us, just weaved our way through! We felt some pity for them ... well, we were gloating, actually.

Daniel expertly led us through Bourg d'Oisans, the town at the base of the climb, in search of water. If you know how to navigate these small towns, you never have to go dry. Almost every village, no matter how small, has a fountain or trough fed by glacier runoff, and the water's clear, cold, tasty and FREE! After topping off our bottles, we headed up the climb.

Everyone went at their own pace, with the idea we would meet around 3-4km from finish to find a spot to settle down and join the party. And what a party it was! I was last up the climb, carrying about 30-40 pounds on my back – water, food, shoes for two, more water, camera, video camera, more water, radio, and more water – so I just took my time and entertained myself with people-watching. If you ever want to go to a place where you can hear ten different languages and see all kinds of bizarre behavior, this is it. The antics are hilarious. Some of these people had been camped out here for two days, and had been partying

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the whole time. It was probably about noon, and the race wouldn't hit these slopes until after 4:00, but the estimated 800,000 people on these 21 switchbacks were drinking, singing, chanting things for their favorite rider/team/national pride/political faction, waving flags, painting the roads, and best of all, cheering you on as you struggled up the climb.

We eventually met up and picked a spot on the side of the road about 3km from the finish, and settled in for a long afternoon. I had brought a small portable radio with headphones, which I gave to Daniel, since I don't understand French, and he listened and tried to give us a few race reports, with Luca translating. Boy, it was nice to have Luca around, while it lasted!

Finally, after about three hours of waiting, the Tour publicity caravan arrived. The publicity caravan includes anywhere from 5-10 vehicles for each and every Tour sponsor, and these are some pretty outlandish vehicles. A giant Festina watch on wheels ... a big pastry chugging up the road with no visible driver ... a spring water sponsor spraying the crowd with mist, and occasionally, a blast from a hose... it is truly amazing. What's most fun is the freebies that come flying from the caravan. It's not so much the freebies themselves, it's what people will do to get them - Americans included. I watched as Linda did a dive to grab a packet of coffee away from a little kid. Luca and Ronnie almost killed each other as Luca did the equivalent of a slide into home to wrestle for a keychain. Little kids, old ladies, it makes no difference. Everyone's out for blood. Pretty funny stuff.

After caravan is over, it's about an hour before the race gets there. We had some idea of where the riders were, but you never know when they're going to come into view. The helicopter sounds get closer ... and closer ... and then you can see the helicopter ... and it gets closer ... and finally, the first lead vehicles – typically cops on motorcycles – fly by, and then ... there's Mayo! There's Lance! Ullrich! ... the riders fly by, and you can't help but think: they've done 2-3 mountain passes in the past 6-7 hours, and they're absolutely FLYING by, and you just inched your way up here at about 1mph.

After the race passes by, it sinks in: you have no idea what really happened in the stage. Did Lance attack? Was Ullrich really suffering? Why didn't Lance win the

stage, like he did so easily in 2001? If you were home, Phil and Paul would have covered it all in English on OLN. Even back at the hotel you could have watched it, albeit with French narration. So why do people trek all the way out to some desolate mountain, camp out for hours or even days, just to watch 30 seconds of it, and not even know what really happened? I'll leave that conclusion up to you.

You can imagine the zoo when 800,000 people suddenly realize the party is over and it's time to head down the mountain. We took a back road down, a goat path that hangs on the edge of a cliff for a few kilometers before diving down to the main road, but even this back way out was jammed with people walking, riding and trying to squeeze through in cars. We got back to the hotel very late – probably around 9PM .

When our week in Grenoble was over, Ronnie, Nanette, Linda and I headed for the train station with our bikes and stuff, ready for a long journey to the Pyrenees. We had to take three trains and a taxi to get to the village we were going to, and that meant a long, sweaty day. Finding cabs to haul 4 people, bikes and luggage is a challenge, but we managed. It took three cars, and the ride was quite an adventure. Super Shuttle, where are you?

The village of Argeles-Gazost was much cooler while we were there compared to the heat wave in Grenoble, so finally a good night's sleep was possible. Our second day there, Ronnie and I climbed the Hautacam and then chased Linda and Nanette up the Tourmalet. We didn't catch them – they had a two hour head start!

The Hautacam – where Bjarne Riis supposedly won the Tour in 1996 – is a killer of a climb, with a stair-step effect. One moment, it seems easy at 6-7%, then WHAM it's 10+ percent, then it seems almost flat for a moment, then WHAM again. It really hurts, for over an hour. The Col de Tourmalet is one of the legendary Tour climbs, and of course it was full of cyclists. There is even a giant statue of a cyclist at the top. The lone café at the top is famous as well, as it has pictures and paraphernalia from Tours past – photos signed by the likes of Greg Lemond, Bernard Hinault, and other older legends.

Climbing this one is a contrast to the Hautacam, since

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it is just relentlessly long and steep for about 12 miles.



The last 2-3 kilometers you can see the top looming way above you, which gives you the urge to accelerate, but after an hour and a half of climbing (or more!) your little idea is actually pretty stupid. You were climbing at about 6 mph, and your new breakneck pace is 7... and you can't hold it for more than a few seconds. The road gets steeper the closer you get to the top, until the last 50 meters seem to be an insurmountable wall. Brutal.

Our only chance to see the Tour in the Pyrenees was at Luz Ardiden, which, like Alpe d'Huez, is a long climb full of switchbacks that ends at a ski resort. Its proximity to Spain explains why the crowds consist mostly of orange-clad Basques, chanting, waving flags in support of independence and supporting their team, Euskaltel-Euskadi. They are a fun bunch, but the Basque language is bizarre, so even understanding a little Spanish doesn't help.



We found a great spot 500 meters from the finish, and here's a picture of the view we had. Looking down, we could see the final 2km of the race, and looking up we could watch the stage on the giant TV screen!

Unfortunately, our view was obscured most of the time by clouds and fog.

But the spot turned out to be excellent for close-up photos as the race came by!



On one of our days here, the others wanted a day off from riding, so I went out myself to climb a little hill called the Col de Spandelles, followed by the Col du Solour, followed by the Col du Aubisque. A short, easy day ... not! Spandelles looked on the map to be fairly innocuous, but nothing could be further from the truth. It was 15 km of climbing with sections close to 15%, and the hardest climb of the trip for me. But, the rewards! It was beautiful, winding through dense forest, and I saw more cyclists on this road than cars ... about 5! Another great day in the saddle.

We left the little village in the Pyrenees for a day in the big city of Paris. In one day, we saw everything a

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tourist has to see, and completely wore ourselves out. What the heck, we can rest on the plane, right? We walked to the Arc d'Triomphe, the Eiffel Tower, the Louvre, and my favorite, the Catacombs. We did take one short ride on the subway, but probably walked 5 miles.

Things I learned on this day:

- You can't see 1% of what's in the Louvre in two hours
- You can't see 1% of Paris in one day
- You can't hike to the top of the Eiffel Tower, you have to take the elevator (oh, darn!)
- It sucks when it rains up there and it's really crowded
- There really are 6 million skeletons in the Catacombs.

Check out this picture:

This place rocks. A mile long tunnel 60 feet below the streets of Paris, with the bones of generations of Parisians dating back to the 1700s, all neatly stacked. Rows and rows of femurs and skulls, six feet high, 10 feet deep ... pretty spooky.



This is a trip I wish everyone could make. The riding is spectacular, but you have to be there to believe it. The Tour is a circus, and every cyclist who thinks they are race fans should make the pilgrimage. So I'll end with this offer: we'll be going back in 2005 (can't do it every year) and it would be great to have a great group like this one to do it again! Make your plans now, save your pennies, and come join us!

TBI DOMINATES THE WEDNESDAY NIGHT "B" RACE

After a one month break in July, TBI has come on strong in the Moritz Wednesday Night Crit Series. For four consecutive weeks, TBI has taken first place in the B race of the series.

We continue to have a considerable turn-out at this event which has had a significant impact on team strategy – enabling TBI to send someone to the front while others work to contain the pack. If you just want to see a lot of TBI jerseys working together – come on out.

All those who are interested in "someday" racing are encouraged to come out and spend the \$10 for the race and \$5 for a one day USCF license and try it out. The course is open, safe and fun. The C Race starts at 5:50 pm —see you there !

CONGRATULATIONS TO STATETT PARTICIPANTS

Place		Category
1	Richard Vincent	ITT Master Men 60-64
2	Zachary Ford	ITT Junior Boys 15-18
2	Paul Boldt	ITT Master Men 65-69
3	Lewis Runnion	ITT Men Cat 5
4	Eric Terrazas	ITT Men Cat 5
5	Elvin Rogers	ITT Masters Men 55-59
6	Joshua Barton	ITT Masters Men 30-34
6	Dean Wilkinson	ITT Masters Men 60-64
8	Jamie Connally	ITT Master Men 60-64
8	Joshua Barton	ITT Men Cat 4
11	Neil Barton	ITT Men Cat 4
13	Michael Talifero	ITT Masters Men 35-39
16	Neil Barton	ITT Masters Men 35-39
20	Brian Bordovsky	ITT Men Cat 3
23	Michael Talifero	ITT Men Cat 3
29	Thomas Hindeman	ITT Men Cat 4
30	Glen Garlington	ITT Men Cat 5
32	Jerry Murphy	ITT Men Cat 5

Team Time Trial

1st	Vincent, Richard Sosnawski, Walter Boldt, Paul Wilkinson, Dean	TTT Master Men 55+
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817-292-2911

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Treasurer -	Robbie Merritt	Race Director -	John Woodson
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